



# WHODAS 2.0

WORLD HEALTH ORGANIZATION  
DISABILITY ASSESSMENT SCHEDULE 2.0

## 12-item version, interviewer-administered

### Introduction

This instrument was developed by the WHO *Classification, Terminology and Standards* team, within the framework of the WHO/National Institutes of Health (NIH) Joint Project on Assessment and Classification of Disability.

Before using this instrument, interviewers must be trained using the manual *Measuring Health and Disability: Manual for WHO Disability Assessment Schedule – WHODAS 2.0* (WHO, 2010), which includes an interview guide and other training material.

The versions of the interview available are as follows:

- 36-item – Interviewer-administered<sup>a</sup>
- 36-item – Self-administered
- 36-item – Proxy-administered<sup>b</sup>
- 12-item – Interviewer-administered<sup>c</sup>
- 12-item – Self-administered
- 12-item – Proxy-administered
- 12+24-item – Interviewer-administered

<sup>a</sup> A computerized version of the interview (*iShell*) is available for computer-assisted interviews or for data entry

<sup>b</sup> Relatives, friends or caretakers

<sup>c</sup> The 12-item version explains 81% of the variance of the more detailed 36-item version

For more details of the versions please refer to the WHODAS 2.0 manual *Measuring Health and Disability: Manual for WHO Disability Assessment Schedule – WHODAS 2.0* (WHO, 2010).

Permission to translate this instrument into any language should be obtained from WHO, and all translations should be prepared according to the WHO translation guidelines, as detailed in the accompanying manual.

For additional information, please visit [www.who.int/whodas](http://www.who.int/whodas) or contact:

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12

Interview

This questionnaire contains the interviewer-administered, 12-item version of WHODAS 2.0.

***Instructions to the interviewer are written in bold and italics – do not read these aloud***

***Text for the respondent to hear is written in***

***standard print in blue.***

***Read this text aloud***

## Section 1 Face sheet

<b><i>Complete items F1–F5 before starting each interview</i></b>			
F1	Respondent identity number		
F2	Interviewer identity number		
F3	Assessment time point (1, 2, etc)		
F4	Interview date	_____	_____
		day	month
			_____
			year
F5	Living situation at time of interview (circle only one)	Independent in community	1
		Assisted living	2
		Hospitalized	3

***Please continue to next page ...***



## Section 2 Demographic and background information

This interview has been developed by the World Health Organization (WHO) to better understand the difficulties people may have due to their health conditions. The information that you provide in this interview is confidential and will be used only for research. The interview will take 5–10 minutes to complete.

**For respondents from the general population (not the clinical population) say:**

Even if you are healthy and have no difficulties, I need to ask all of the questions so that the survey is complete.

I will start with some background questions.

A1	<b>Record sex as observed</b>	Female	1
		Male	2
A2	How old are you now?	_____ years	
A3	How many years in all did you spend <u>studying in school, college or university?</u>	_____ years	
A4	<b>What is your <u>current marital status?</u> (Select the single best option)</b>	Never married	1
		Currently married	2
		Separated	3
		Divorced	4
		Widowed	5
		Cohabiting	6
A5	<b>Which describes your <u>main work status</u> best? (Select the single best option)</b>	Paid work	1
		Self-employed, such as own your business or farming	2
		Non-paid work, such as volunteer or charity	3
		Student	4
		Keeping house/ homemaker	5
		Retired	6
		Unemployed (health reasons)	7
		Unemployed (other reasons)	8
		Other (specify) _____ _____	9

**Please continue to next page...**



## Section 3 Preamble

### **Say to respondent:**

The interview is about difficulties people have because of health conditions.

### **Hand flashcard #1 to respondent**

By health condition I mean diseases or illnesses, or other health problems that may be short or long lasting; injuries; mental or emotional problems; and problems with alcohol or drugs.

Remember to keep all of your health problems in mind as you answer the questions. When I ask you about difficulties in doing an activity think about...

### **Point to flashcard #1**

- Increased effort
- Discomfort or pain
- Slowness
- Changes in the way you do the activity.

When answering, I'd like you to think back over the past 30 days. I would also like you to answer these questions thinking about how much difficulty you have had, on average, over the past 30 days, while doing the activity as you usually do it.

### **Hand flashcard #2 to respondent**

Use this scale when responding.

### **Read scale aloud:**

None, mild, moderate, severe, extreme or cannot do.

**Ensure that the respondent can easily see flashcards #1 and #2 throughout the interview**

**Please continue to next page...**



## Section 4 Core questions

### Show flashcard #2

In the past 30 days, how much difficulty did you have in:		None	Mild	Moderate	Severe	Extreme or cannot do
S1	<a href="#">Standing for long periods</a> such as <a href="#">30 minutes</a> ?	1	2	3	4	5
S2	Taking care of your <a href="#">household responsibilities</a> ?	1	2	3	4	5
S3	<a href="#">Learning a new task</a> , for example, learning how to get to a new place?	1	2	3	4	5
S4	How much of a problem did you have <a href="#">joining in community activities</a> (for example, festivities, religious or other activities) in the same way as anyone else can?	1	2	3	4	5
S5	How much have <a href="#">you been emotionally affected</a> by your health problems?	1	2	3	4	5

In the past 30 days, how much difficulty did you have in:		None	Mild	Moderate	Severe	Extreme or cannot do
S6	<a href="#">Concentrating on doing something for ten minutes</a> ?	1	2	3	4	5
S7	<a href="#">Walking a long distance</a> such as a <a href="#">kilometre</a> [or equivalent]?	1	2	3	4	5
S8	<a href="#">Washing your whole body</a> ?	1	2	3	4	5
S9	<a href="#">Getting dressed</a> ?	1	2	3	4	5
S10	<a href="#">Dealing with people you do not know</a> ?	1	2	3	4	5
S11	<a href="#">Maintaining a friendship</a> ?	1	2	3	4	5
S12	Your day-to-day <a href="#">work/school</a> ?	1	2	3	4	5

H1	Overall, in the past 30 days, <a href="#">how many days</a> were these difficulties present?	<b>Record number of days</b> ____
H2	In the past 30 days, for how many days were you <a href="#">totally unable</a> to carry out your usual activities or work because of any health condition?	<b>Record number of days</b> ____
H3	In the past 30 days, not counting the days that you were totally unable, for how many days did you <a href="#">cut back</a> or <a href="#">reduce</a> your usual activities or work because of any health condition?	<b>Record number of days</b> ____

This concludes our interview. Thank you for participating.





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*Flashcard 1*

## **Health conditions:**

- **Diseases, illnesses or other health problems**
- **Injuries**
- **Mental or emotional problems**
- **Problems with alcohol**
- **Problems with drugs**

## **Having difficulty with an activity means:**

- **Increased effort**
- **Discomfort or pain**
- **Slowness**
- **Changes in the way you do the activity**

**Think about the past 30 days only.**





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*Flashcard 2*

